

# *Our Town Stow*

April 2005



## **From the Director's Desk**

### **EXTRA! EXTRA! EXTRA!**

This month there is a lot of unpleasant but necessary news to tell you. Regretfully, we need to make cuts in some of the services we offer. Our current financial situation is so strained, we are now forced to cancel Monday van rides. Monday is the most logical day to cut because it is one of the least busy days for the van. Please make a note so that you do not schedule any appointments on Mondays. By canceling one day per week of van service, we save approximately \$100 a week, which will absorb the cost of emergency runs during the rest of the week.

The newsletter is also experiencing a money problem. The Friends of the Council On Aging are there to raise funds to support the programs the COA offers. They are experiencing problems raising enough money to support all the services we provide. Therefore, the Friends of The Council On Aging have decided to have the newsletter published every other month, six copies per year starting in September 2005.

We are also in need of a newer minivan. The current minivan has over 100,000 miles on it and has major rust problems. This van is now starting to cost us too much money in repair bills. We have been in touch with Acton Ford and they are trying to find a used van with low mileage for us to purchase at a reasonable price.

Since this seems to be the year everyone is being asked to tighten their belts, the Council On Aging is not excluded. We have to tighten our belts. Instructors for classes have to be paid. Any program that is unable to support most of its operating cost will be dropped this fall, unless other arrangements are made through the office. At this time it appears that the only course that will be affected will be Tai Chi. We will also be raising donations to the Art class from \$5.00 to \$8.00 starting in the fall.

The Council On Aging is your organization; we need associate members to volunteer to join our Board and help the board grow.

The Friends Of The Council On Aging is a board that helps fund the COA and they need volunteers to join their board as well as to help with fund raising.

**WE NEED YOU!!**

Linda

**Donations**

**General:** Jerome Ruzicka

**Booster:** Paula Reini

**Outreach:** Andrew Simmons

**Birthday Flowers & Birthstones**

**April:** The flower is the Sweet Pea and the gem stone is Diamond. *Happy Birthday!*

**Newsletter Deadline**

The deadline for the May newsletter is April 19th. Please submit your items in writing.

**Recipe**

**Charlie's Salsa**

Ingredients:

- 1, 8 oz can of chunk pineapple
- 1, 4 oz can of mandarin oranges
- 3, finely chopped peppers, 3 different colors
- 12, grape tomatoes, cut in half
- 1, medium yellow onion, chopped fine

Instructions:

Drain one can of pineapple chunks, save juice  
 Drain small can mandarin oranges, discard juice  
 3 finely chopped peppers: 3 different colors  
 Cut about a dozen grape tomatoes cut in half  
 1 medium yellow onion, chopped fine  
 Mix together well.  
 Add a little pineapple juice if needed  
 No spice or oil or salt needed  
 Refrigerate until well married: Serve!

Newell Dearborn

**Senior Citizen Club Reunion!**

The Senior Citizen Club will be having a reunion coffee/social at the Senior Center at 10:00 am on Wed., May 18th, for everyone who attended the Senior Citizen Club meetings in the past. The club disbanded two years ago, so it will be fun for all of us to get together. We are trying to do a history of the club to be recorded in the COA records and with the Stow Historical Society. Any thoughts, ideas and memories will be gratefully received. Let's see what we can create. Please save this date and plan to join us, and be sure to call the COA to sign up.

**Alzheimer's Disease**

**Options for Managing Challenging Behaviors.**

This is an informational forum for family members and caregivers. It will be held on Monday, April 11th, from 8:00 to 10:30 am at Emerson Hospital in Concord. Registration and continental breakfast will be from 8:00 to 8:30 am. Dr. Paul Raia and Dr. James Ellison will speak on communication techniques, environmental adaptations and use of medications. A \$5.00 registration fee per person will be charged: Your parking ticket will be validated. Space is limited, please pre-register by calling Valerie at 978-897-7455 or emailing johnson@thehearth.org This event is presented by the Alzheimer's Association and the Liberty Alzheimer's Partnership.

**Friends of the COA**

Would you like to be a FCOA Booster? Now is your chance to help support the COA. The Friends of the COA are offering you the chance to be a Booster of the Friends of the COA .

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\$5.00     \$10.00     \$15.00     OTHER

## Issues and Events

This page is dedicated to informing Stow citizens of different issues going on in the town. If you have anything you would like to submit, please do so.

### Food Pantry

The April dates are the 1st and the 15th. If you have any questions, please call 978-897-4230. Call the COA, if you need a ride, at 978-897-1880.

### Senior Conference

Senator Resor is looking forward to once again hosting the annual Senior Conference on Thursday, April 21, 2005 at Assabet Valley Regional Technical High School. The conference will offer seniors the opportunity to attend workshops, visit informational tables, obtain health screenings, enjoy lunch, entertainment, and have a chance at winning one of dozens of door prizes.

Some of the workshops planned are: Healthy Cooking, Genealogy, Internet/Computer Lab, Container Gardening, Health Care Proxy, and the Homestead Act. Several other workshops are still in the planning stages.

Health screenings will include; Blood Pressure Checks, Cholesterol Screening, and Hearing Tests.

As always, all aspects of the conference are free. Coffee and donuts will be served in the morning and a hot lunch, catered by Mary's Catering of Hudson, will be served starting at 11:30 a.m.

Please feel free to contact me with any questions or concerns you may have about this event. My number is: 508-786-3040.

Fliers and tickets for the event will be sent out in March.

(Peggy Ayres, District Director to Senator Resor.)

### Web site of interest

[Www.savvysenior.org](http://www.savvysenior.org) Check it out. There is a lot of information on this site.

### Minuteman Senior Services

An innovative loan program is now available to MA residents with disabilities, offering access to low interest cash loans so they can purchase the assistive technology devices they need.

This innovative public-private partnership, called the Massachusetts Assistive Technology (MA AT) Loan Program, offers better interest rates than a traditional bank loan, and repayment is based on the expected useful life of the device purchased, allowing a longer pay back period. The loan program has no income limitations.

Call Minuteman Senior Services for more information. 978-263-8720

### Springfest

Visit the COA craft table at Springfest, Saturday, May 21st. There is something for everyone, a day of fun for the whole family. Stop by and join in on the uniqueness of living in a small town.

### Scams Alert

Spring is here, and people are popping out asking for money. Soon there will be those asking to resurface your drive way, as well as other types of requests.

There have been telephone solicitations in the area requesting money to support your local police. Call the police station to be sure it is a valid charity.

While talking to anyone that is soliciting for charity, ask how much of your donation will actually be given to the charity.

### Weekly Activities and Programs

- **Monday:** Watercolor Classes in Friendship Room, 9:00 am.
- **Mon, Wed, & Fri.:** Exercise with Teri, 10:30 am at St Isidore's.
- **Tuesdays:** Crafts 1:00 pm COA
- **Tuesdays:** Slower paced walking exercise video, 9:30 am Friendship Room
- **Wednesdays:** Bingo, 1:00 p.m. COA
- **Wednesdays:** Shaw's shopping, 9:30 a.m.
- **Thursdays:** Tai Chi, 12:00 in the Town Hall.
- **Thursdays:** Slower paced walking exercise video, 9:30 am Friendship Room, except on Podiatry Clinic day.
- **Fri:** Lunch & Grocery/Mall 11:30

***Please Call COA at least 24 hours prior to appointment day for Rides, 978-897-1880.***

### Upcoming events

**May 4th:** The Butterfly Place, Westford. Cost \$7.00, includes van and admission. Lunch at 99 Restaurant in Westford. Leaving at 9:15 am from Union Church.

**May 11th:** Volunteer Luncheon at Wedgewood Country Club. 12:00 noon, \$10.00 for non-volunteers.

**May 16th:** Museum of Science. Limited to 10. Free donation of ticket to exhibit halls made possible by Ann Luxner. \$5.00 for van. Lunch at any of the museums restaurants. Leaving from Union Church at 9:00 am.

**May 18th:** Senior Citizen Club Reunion, The Senior Citizen Club will be having a reunion coffee/social at the COA at 10:00 am.

**May 19th:** Massachusetts Association of the Blind will be presenting a talk on Macular Degeneration. This is a condition that is affecting many people. Come and learn more about it. 1:30 at the COA. Free of charge.

### *Please*

Please call to sign up for any regularly scheduled event. We need to know how many people to expect, so that we may plan the event, which van to use, how much food to prepare, etc. Call 978-897-1880. If people do not sign up for events, the event is subject to cancellation. So, if you really want to go to that breakfast or movie, please sign up.

### Trips/Events

When making trip reservations, please provide the name and phone number of a person to contact in case of an emergency. We will return your check or cash, if you cannot go and your place can be filled. **Names will be placed on lists only when payment is received.**

**Please call to sign up. If we do not have a list of attendees, the event will be canceled.**

**4/6 Wednesday:** 10:00—12:00 Blood Pressure Clinic. Van will go to clinic before shopping.

**4/8 Friday:** 11:30 am Games and Lunch. Come play a game with us and have a fun afternoon.

**4/13 Wednesday:** Foxwoods, leaving 8:00 am, returning 5:00 pm, cost \$17.00, call for reservations.

**4/13 Wednesday:** 1:00 pm, Kate Carney award winning storyteller telling the story of Mrs. Larcom a Lowell Mills Boardinghouse Keeper. Stow COA. No charge. Refreshments will be served.

**4/14 Thursday:** Poetic License 1:00 pm COA

**4/15 Friday:** Men's Breakfast, NEW TIME 8:00 am

**4/20 Wednesday:** 10:00 am SALT Council meeting.

**4/21 Thursday:** Senior Conference, Assabet Valley Regional, call for Van.

**4/27 Wednesday:** Garden In The Woods, sponsored by the Stow Garden Club. Leaving at 1:00 pm from the COA. Call for reservations

**4/28 Thursday:** Genealogy & Family History workshop with Ellie Beaudette. Call for reservation

**4/29 Friday:** 11:30 am, movie and a pot luck lunch.

***Call to sign up so it doesn't get canceled.***

### Friday Shopping

**4/1 Friday:** 11:00 Mall & Market Basket, Lunch

**4/8 Friday:** 10:00 Walmart and Victory

**4/15 Friday:** 11:00 Mall & Market Basket, Lunch

**4/22 Friday:** 10:00 Walmart and Victory

**4/29 Friday:** 11:00 Trader Joe's

### Movie and Lunch

The April movie will be "Finding Neverland", Starring Johnny Depp, Kate Winslet, Julie Christie, Nick Roud, Radha Mitchell, Joe Prospero, Freddie Highmore, and Dustin Hoffman. Come join us on April 29th at around 11:30 am for a pot luck lunch and then the movie. If you can only come for lunch, that's fine, or just the movie. We don't care. We just want you to come and have some good conversation and laughs. We love having new people join us!

**Meeting House at Stow  
Condominium  
34 Meeting House Lane #100  
978-823-0600  
Property Manager Dan Nutt  
Meetinghouseatstow@msn.com**

### **Stow's Senior Luncheon**

Lunch is at noon on Tuesdays and Thursdays at the First Parish Church Fellowship Hall. The suggested donation is \$2.00 for a complete meal. The menu for the month is included in this newsletter. Please call the COA, 978-897-1880, by 10:00 a.m. the day before to make your reservations.

Finally, Don, Lorraine, Bob and Skip are back! We missed you guys. It wasn't the same without you. I do have to thank Gene, though. He did a terrific job helping me while you were gone. I don't know how I would have done it without him. Thank you, Gene!

I'm pleased to announce that our numbers are up. Yeah! On St. Patrick's Day we had 25 seniors for lunch. What a great group of people and all seemed to enjoy themselves. So, if you haven't given us a try yet, come on down and see what you're missing.

I was surprised to find St. Patrick's Day table decorations from Girl Scout Troop #2522 for us in the kitchen on St. Patrick's Day. They couldn't have made our tables look any more festive. Thanks for thinking of us, Troop #2522.

Once again, Denise, the children's librarian, spoiled us by bringing over birthday cake from the children's March birthday celebration. Always a treat!

They say spring is on its way. Let's hope. Start the spring off right by joining us for lunch. We'd love to see you.

Heather Coan

COA are thoughtful and kind  
They are often on my mind  
The lunches served are first rate  
Hey now, ain't that great!

Freda Lockwood

### **Note received from a Stow Senior**

*Dear Linda:*

*We are returning the "walker". We thank you ever so much.*

*Sincerely,*

### **Information from S.A.L.T. Council**

The Stow Police Department offers a temporary handicap car placard. It is provided only by the Stow Police and is valid only in Stow, Acton & Maynard. A note from your doctor is required when filling out the form at the Police Department.

"R" U OK? Do you know a neighbor or friend who lives alone, is frail, who might benefit from a friendly daily call from the Stow Police? Let the COA office know. This program has the dispatcher call the home on a prearranged time to check on the welfare of the person. If there is no answer, the police will go to the home and check on them.

Street numbering: Section 14 of the Stow By-Laws states that street numbers on dwellings shall be at least 3 inches in height and shall be clearly visible from the street or roadway upon which the building faces. The numbers may be placed upon the structure it's self or on a suitable support near the entrance to the structure. Please help the town emergency departments by adhering to this by-law.

### **Food Pantry**

The Food Pantry needs your help. Please donate your paper shopping bags to the Food Pantry. You can drop them off at the COA anytime, Monday through Friday, from 8:00 am to 4:00 pm.

### **Tax Assistance**

An IRS certified AARP volunteer is available on Thursdays and Fridays in the COA to assist you in tax preparation. Call the COA office, at 978-897-1880, to schedule an appointment. Remember, you need to fill out a tax form to apply for Circuit Breaker.

## Poetry

### Spring

Today is the day when bold kites fly,  
When cumulus clouds roar across the sky.  
When robins return, when children cheer,  
When light rain beckons spring to appear.

Today is the day when daffodils bloom,  
Which children pick to fill the room,  
Today is the day when grasses green,  
When leaves burst forth for spring to be seen.

Robert McCracken

My sweater's tight and itchy.  
My snow pants are too small.  
Last week I lost a mitten.  
I can't find my scarf at all!

My woolen socks have lost their toes.  
My boots have lost their tread.  
And I have lost the love I had  
For words like "skis" and "sled"!

But....my fishing rod still fits.  
And...my baseball bat still hits.  
I have a kite that wants to fly.  
So...winter, call it quits!

Bobbi Katz

## Meet The Board

Hi, My name is Jo Langley and I have lived in Stow for 43 years. Many years ago, before the Friends of the Council on Aging became organized, I was asked by Nellie Norton (a COA member) to answer the phone at Plantation Apartments. At that time, the Seniors could call in for questions and answers from 9:00 am to 12:00 noon.

Ellen Cataldo was manager of Plantation Apartments. She & Nellie and all the seniors helped me put a craft group together. It was held once a week in the recreation room of Plantation Apartments. Many people around town also joined our group.

Once this was established and doing well, Larry Monash (COA Chairman), asked me to approach the Town to see if we could build a Senior Center downstairs in the Town Building. They said, "Yes, if we raised the money" So we did! We had volunteers to do all the physical work and we paid for the supplies. The volunteers involved in our large undertaking helped raise the funds we needed. We were supported by the businesses and town people of Stow. Everyone was very generous, soliciting, yard sales, bake sales, you name it, we did it.

I think it is a tribute to everyone involved that we accomplished this superb room for all to enjoy. I am proud to have been part of our enormous project. Most of all we see what has been accomplished, and what is to come in the future since I left the FCOA.

"GREAT" accolades go out to the staff and COA. I am now an associate member of the COA board and enjoy the new challenges we are about to face in the future.

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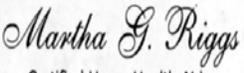
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# STOW COUNCIL ON AGING

## Friends of The Council On Aging Board

|                        |                |                     |                               |
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## Council On Aging Board Members

|                        |           |                        |                          |
|------------------------|-----------|------------------------|--------------------------|
| James Sauta.....       | Chairman  | Nancy Kyle.....        | Member                   |
| Eleanor Beaudette..... | Secretary | Betty Holly .....      | Member                   |
| George Dargaty.....    | Member    | Linda Graves.....      | COA Director             |
| Rita Sharkey.....      | Member    | Suzanne Morin ..       | COA Outreach Coordinator |
| Alice Olsen.....       | Member    | Josephine Langley..... | Associate Member         |

Newspaper Staff: Suzanne Morin, George Dargaty, Nancy Kyle, Sophie Pyszka, Rita Sharkey

Stow Council on Aging Town Building, Great Road, Stow, MA (978) 897-1880 or (978) 897-3289 Chairman– James Sauta, Executive Director–Linda A. Graves· Outreach Coordinator—Suzanne Morin· Outreach Worker– Chris Corff

### COA Mission Statement

The Stow Council On Aging is here to provide support to seniors by being a resource of information on elder affairs, provide social activities, outreach services, and help seniors remain in their homes as long as safely possible.



## STOW COUNCIL ON AGING

**380 Great Road**  
**Stow, MA 01775-1122**  
**Phone: 978-897-1880**  
**Fax: 978-897-4534**



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